

February 2022, Vol. 6

# THE GROVE

Cedar Grove Elementary School's Monthly Newsletter



February is upon us and so is the season of kindness. At Cedar Grove we will be working with students on promoting random acts of kindness. The beauty of kindness is that it feels just as good to receive it as it does to practice it. It can help reduce stress and improve your emotional wellbeing. In short, doing good does you good. Given our current pandemic situation we could all use a boost in our overall well-being. In today's fast-paced world many of us are so busy trying to keep up that we lose sight of what's truly important. Opportunities to be kind are all around us – and the smallest acts of kindness are often what make the biggest difference. Offering words of encouragement, sharing, caring for others, and playing together all help to make friendships stronger. During this month, I challenge each of us to demonstrate a random act of kindness as often as we can! Surely, we could all spare a little time for a moment's kindness.

As many of you have likely heard, Michele Curry has retired. We wish her all the best in her new adventures and will certainly miss her here at Cedar Grove.

Wishing all of you a very happy Year of the Tiger and a month full of sweet moments of kindness and clarity.

AIR HUGS,  
OLWEN COWAN, PRINCIPAL

## PAC CORNER

### Hello Everyone:

We have a lot of important deadlines and fundraisers to let you know about this month:

**PAC Meeting:** Our February PAC Meeting will take place this coming Wednesday February 2nd at 7pm. A zoom invite will be emailed out the day before.

**Hot Lunch Orders:** Orders for February hot lunch and popcorn are due by Wednesday February 2nd at the end of day.

**Yearbook Orders:** Yearbook orders at \$17 are due by Saturday February 5th. Following that they will be \$25. Order at [www.jostens.com](http://www.jostens.com)

**Mom's Pantry Fundraiser:** We are trying a new fundraiser this month through Mom's Pantry (<https://momspantry.ca/>). Be ready to order some high quality baking and food products including cookie dough! Watch for further details soon.

**Purdys Easter Fundraiser:** Our Purdys fundraiser is ready to go. Order by March 7th and chocolates will be ready on March 23rd. Order at <https://fundraising.purdys.com/join.aspx/1370771-93079> and use campaign code #23464

CGE PAC

## UPCOMING KEY DATES

### February

**Monday, 7th** - Pro-D Day

**Monday, 14th** - Heart Day

**Monday, 21st** - Family Day - no school

**Thursday, 24th** - Pink Shirt Day

## BELL SCHEDULE

8:20 - Doors open

8:20 - First bell

8:30 - Instruction begins

10:15 - 10:35 - Recess

11:50 - 12:29 - Outside playtime

12:29 - Class begins for afternoon

2:30 - Dismissal



## PLEASE SEND YOUR CHILD WITH A MASK!



## WEST COAST RECESS!



Please send your children to school with appropriate outdoor clothing. Many kids (you know who they are) benefit from keeping a change of clothes at school.







ADHD

ADHD

# The Real Deal

## Connect and Learn with Us

AN ONLINE EVENT FOR FAMILIES AND CAREGIVERS

### ADHD - The Real Deal

Dr. Duncan will dispel the many myths surrounding ADHD by presenting up to date scientific facts about cause, prevalence, diagnosis and treatment. He will explain how and why the ADHD brain works the way it does. Plenty of time will be reserved for questions to ensure the information is understood and relevant to those attending.

Dr. Don Duncan is a Child and Adolescent Psychiatrist in Kelowna, BC where he serves as Clinical Director of the BC Interior ADHD Clinic and operates an assessment clinic for students at the University of British Columbia. Dr. Duncan holds an appointment as Assistant Clinical Professor with the Department of Psychiatry, University of British Columbia and has been honoured by appointments to the Board of Examiners for Psychiatry (Royal College of Physicians and Surgeons of Canada), the Board of Directors for the Canadian Academy of Child and Adolescent Psychiatry (CACAP), and the Board of Directors for the Canadian ADD/ADHD Resource Alliance (CADDRA).



Dr. Don Duncan

**Date: Wednesday, Feb 16th**

**Time: 6pm - 8pm (1 hour Presentation and 1 hour Q & A)**

**Cost: Free**

**Required Registration: [familysmart.ca/events](http://familysmart.ca/events)**